

# Delta 39'ers

Volume 16, Issue 2

[www.deltami.gov/park](http://www.deltami.gov/park)

2nd Quarter April - July (updated on 7/12)



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If you would like to advertise in future editions, please contact the office (517) 484 - 5600

Delta 39'ers  
Enrichment Center  
4538 Elizabeth Rd  
Lansing, MI 48917  
(517) 484 - 5600  
[www.deltami.gov/parks](http://www.deltami.gov/parks)

**Office Hours:**  
Monday - Friday  
10 am - 3 pm

## Spotlight

It has been a long year and three months since the 39'ers first had to modify operations due to the pandemic. With the Governor's latest update regarding the rescinded COVID-19 restrictions and the suspension of the MIOSHA Emergency Rules we are slowly returning back to a new normal. We have some activities currently running, and we are hoping to have bingo and all card & board games resume soon. Check back at the end of July for an update.

### Golf Leagues *Men's or Women's*

Anyone who is 50 and over is eligible to play in the Delta 39'ers golf league. The daily green fees are \$9 if walking, and \$17 if riding/per person.

**Tu: 4/27 - 9/21**

Tee Time: 7-9 am

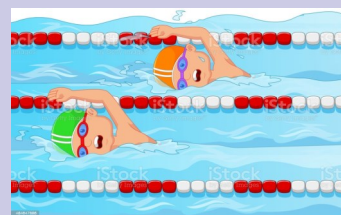
Cost \$25

Ledge Meadows Golf Course



### Aquatics

Welcome back swimmers! The pool at Waverly East is now open. For the current schedule see pages 5 & 6. Masks are recommended but not required. All participants must sign a Warning & Disclaimer before participating in any activity.







## Staff Directory

Tammy Opdyke  
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[TOpdyke@deltami.gov](mailto:TOpdyke@deltami.gov)



Damon Robertson  
Aquatics Coordinator  
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Secretary  
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Exercise Classes

<p>Summer Registration begins Tuesday May, 18 @ 8 am</p>		<p>Chair Exercise*</p> <p>Join us in the Lansing Mall food court! Exercises are designed to improve flexibility, range of motion, strength, balance, and cardio endurance. Most exercises can be done sitting or standing. Resistance bands are available for \$4. Punch cards are also available for \$20 for 20 punches (1 punch per visit).</p> <p>M/W/F: 8:30 - 9:30 am \$1 drop in fee Lansing Mall</p>		<p>Jazzercise LO*</p> <p>Build balance and flexibility, tone your whole body, charge up your metabolism. Modified movements/ lower intensity for all fitness levels.</p> <p>Tu/Th: Ongoing 3:30 - 4:25 pm \$52/16 Classes Prorating and \$5 drop in fee Register in class Community Center</p>
<p>Arthritis Exercise *</p> <p>All exercises are created by the Arthritis Foundation and are designed to improve strength, flexibility, and range of motion.</p> <p>Tu: 1:00 - 1:45 pm \$2 drop in fee Room 304</p> 		<p>Postponed until further notice Instructor Needed</p>		<p>Tai Chi</p> <p>Learn Tai Chi while treating your body to a gentle and relaxing workout.</p> <p>Shibashi Th: 6/3 - 7/22 10:10 - 11:10 am \$48/8 Classes</p> <p>Beginning Th: 6/3 - 7/22 11:15 am - 12:15 pm \$48/8 Classes Room 303</p> 
<p>Yoga*</p> <p>Great class for beginners. Yoga not only helps increase strength and flexibility but it reduces stress. Wear comfortable clothing and come join us!</p> <p>Tu: 10:00 - 11:00 am Tu: 11:30 - 12:30 pm W: 10:00 - 11:00 am Th: 10:00 - 11:00 am F: 10:00 - 11:00 am Ongoing, \$2 drop in fee Room 304</p> 		<p>Zumba Gold</p> <p>Dance fitness class, designed specifically for older active adults. Includes Latin and International dance rhythms.</p> <p>Session I M/W/F: 6/2 - 6/30 10:30 - 11:15 am \$52/13 Classes Community Center</p> 		<p>Senior Barre Fitness</p> <p>A full - body workout that combines ballet - based movements, weight conditioning, core focused exercise, and stretching by emphasizing precision, and form.</p> <p>Session I M/W: 6/2 - 6/30 11:30 am - 12:15 pm \$36/9 Classes Community Center</p>
<p>Senior Core &amp; More</p> <p>This fitness class focuses on the core namely your abdominal muscles and lower back. These exercises will develop strength, balance, flexibility, and joint stability. Please bring water, a mat, and a towel with you.</p> <p>Session I M/W/F: 6/2 - 6/30 9:30 - 10:15 am \$52/13 Classes Community Center</p>		<p>Pre - Registration is required for all activities, unless noted with an *</p>		

**Community Center Location:** To accommodate some of our larger classes we have arranged for them to temporarily run at the Community Center- which is located on the northeast corner of Canal Rd and Willow Hwy, one mile north of Saginaw Hwy (7550 W Willow Hwy; Lansing).

<div><div>Intro to Creative Writing</div><div>Learn to improve techniques for translating imagination to the written page. Nurture existing ideas. Discover new ones. All writing levels welcome. (supply fee included)</div><div><div>W: 6/16 - 8/4</div><div>6 - 8 pm</div><div>Or</div><div>W: 6/16 - 8/4</div><div>3 - 5 pm</div><div>\$77/8 Classes</div><div>Room 302</div></div></div>	<div><div>COVID-19 Dining Site Update</div><div>While all TCOA (Tri-County Office on Aging) Congregate Senior Dining Sites are currently closed due to the risk of spreading COVID-19 through large group gatherings, individuals age 60 and over and their caregivers are eligible to participate in a food pick up opportunity. Pickups will include packs of 5 frozen meals with fruit, bread and milk.</div><div>Meal pick up must be arranged in advance by calling Tasha Stetler at (517)887-1393, to schedule a pickup appointment. Callers will be asked to give their name, phone number, address and birth date. The only qualification is to be over 60 years of age, or providing primary care for someone age 60 and over.</div></div>
<div><div>No Fear - Smart Phone Class</div><div>Tips and bits on how to use Windows 10 (No iphones, Android phones only)</div><div><div>Session I</div><div><div>W: 6/9 - 6/30</div><div>3 - 4:30 pm</div><div>(4 Classes)</div><div>W: 6/9 - 6/30</div><div>6 - 7:30 pm</div><div>(4 Classes)</div><div>Free</div></div><div><div>Session II</div><div><div>W: 7/7 - 7/28</div><div>3 - 4:30 pm</div><div>(4 Classes)</div><div>W: 7/7 - 7/28</div><div>6 - 7:30 pm</div><div>(4 Classes)</div><div>Free</div></div><div><div>Session III</div><div><div>W: 8/4 - 8/25</div><div>3 - 4:30 pm</div><div>(4 Classes)</div><div>W: 8/4 - 8/25</div><div>6 - 7:30 pm</div><div>(4 Classes)</div><div>Free</div><div>Registration required</div><div>Room 301</div></div></div><div></div><div></div></div></div></div>	

No need to wait for the summer registration date, you can sign up for trips anytime!



Dow Gardens & Canopy Walk

Th: 7/15

Time: 8:45 am - 6:15 pm

Cost: \$74/ Per person

Enjoy the acres of gardens and the longest canopy walk in the country.

**Includes:** motor coach transportation, admissions, and box lunch.

**Not Included:** bus driver's tip (\$1 - \$2 per person suggested).

Registration deadline: 6/11



Delta 39'ers Wish List

- Decaf Coffee
- Napkins
- Paper Plates
- Greeting Cards (Thank You & Get Well)
- Books 2016 or newer



Pacers Walking Club

Enjoy the health benefits of walking year round. Walking can help you maintain a healthy weight, prevent a variety of health conditions, strengthen your bones, and decrease stress. Sign your mileage in at the pacers station (located in the hallway next to the Food Court).

Mall opens at 10 am for walkers

Free

Lansing Mall

Mackinac Island/ Grand Hotel

4 Days/3 Nights

M - Th

10/25 - 10/28

Double Occupancy: \$940

Single Occupancy: \$1,135

Triple: \$940

**Includes:** motor coach transportation, ferry, and horse drawn taxi transportation; Grand Hotel lodging (rooms are luck of the draw), baggage handling, three breakfasts, three buffet lunches, and three five-course dinners, carriage tour, and many special activities. Do as much or as little as you want.

**Not Included:** lunch on the way home, bus drivers' tips, and carriage tour drivers' tips (\$1 - \$2 per person suggested).

Early bird discount of \$25 per person if you register before 5/25.

No refunds after the final payment deadline of 8/20 unless someone is found to fill your spot.

Call 517-484-5600 to register or for more information.





## **DELTA TOWNSHIP AQUATICS POOL SCHEDULE**

**Summer 2021 (July 6 – August 31)**



The Pool Information Line is 484-9322

This schedule can also be found at [www.deltami.gov/parks](http://www.deltami.gov/parks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:45 am Deep Water Aerobics	9:00-9:45 am Splash Aerobics	9:00-9:45 am Deep Water Aerobics	9:00-9:45 am Splash Aerobics	9:00-9:45 am Deep Water Aerobics	
10:00-10:45 am Splash Aerobics	10:00-10:45 am Deep Water Aerobics	10:00-10:45 am Splash Aerobics	10:00-10:45 am Deep Water Aerobics	10:00-10:45 am Splash Aerobics	
11:00-11:45 am Arthritis Aquacise	11:00-11:45 am Arthritis Plus Aquacise	11:00-11:45 am Arthritis Aquacise	11:00-11:45 am Arthritis Plus Aquacise	11:00-11:45 am Arthritis Aquacise	
12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	
1:45 - 3:00 pm  Adult Open/  Lap Swim		1:45 - 3:00 pm  Adult Open/  Lap Swim		1:45 - 3:00 pm  Adult Open/  Lap Swim	
<b>Afternoon and PM Classes / Activities will resume once we are able to hire more lifeguards. Check back for updates.</b>					

Pool is at Waverly East Intermediate School 3131 W Michigan Ave, Lansing MI. Use Door #14  
Classes, programs, and times subject to change without advanced notice updated July 7, 2021

### **Starting July 6**

1. If you are experiencing any signs or symptoms of Covid-19 please stay home.
2. All participants must sign a Warning & Disclaimer before participating in any activity. They will be available at the pool.
3. Reservations will no longer be required.
4. Showers will be allowed.
5. You may enter and exit through door #14.
6. Masks will be required to enter/exit from door #14.

**Aquatics Information Line: 484-9322**

PLEASE NOTE: Please call the Aquatics information number listed above for updates. In the event of severe weather and the Waverly School District is closed, then all Delta Township Aquatics programs will be cancelled.

**Pool Rentals:** Are not being offered at this time.

**Adult Water Exercise** – you do not need to be a swimmer to participate. Your first visit to one water exercise class (of your choice) is complimentary.  
All water aerobics classes are taught for 45 minutes.

**Arthritis Aquacise**

Aquatic exercise class designed by the Arthritis Foundation and taught by Arthritis Foundation certified instructors. These classes are designed to alleviate the symptoms of arthritis while increasing muscle strength, limb flexibility, and increased range-of-motion (ROM). Many participants also experience significant pain and stress relief. Stretching movements are included throughout the class.

**Arthritis Plus Aquacise**

This class is a step up from the Arthritis class described above. This workout includes about 20 minutes of low-level endurance activities, which provides cardiovascular benefits to participants, as well as multiple exercises and stretches for the entire body.

**Splash**

These classes provide a participant with fun and fast cardiovascular activities that also include muscle strengthening and toning. Jumping and bouncing moves are included. Class concludes with relaxing stretch session.

**Deep Water Aerobics (IN DEEP END)**

This class is designed to make the most of water resistance by offering the participant the challenge provided by long, strong, and powerful movements through the water – did you know that *a half hour* of water walking is equivalent to walking 2 hours on land?

**Adult Open Swim**

Come join us for an adults only open swim time. This is an opportunity for adults to use the pool without an instructor or having to swim laps. Use your lap / family swim card, water aerobics card, or pay a \$4 drop - in fee per person. Enjoy the pool and do what you want to do! Ages 18+.

**Swim Lesson Information**

We are not currently offering any swim lessons.

**Damon Robertson – Aquatics Coordinator**

For each activity you may purchase a punch card, which is good for 10 visits. **Refunds will not be issued for new or partially used punch cards.**

Activity		Fee
Adult Water Exercise	54 and under Punch Card	\$55.00
	55 and over Punch Card	\$50.00
Correct change only	Drop in	\$ 7.00
Adult Open Swim	18 and over Punch Card	\$35.00
Correct change only	Drop in	\$ 4.00
Lap Swim	Punch Card	\$35.00
Correct change only	Drop in	\$ 4.00
Family Swim **	Punch Card	\$35.00
Correct change only	Drop in	\$ 4.00

\*\* once it becomes available again.

Please make checks payable to: Delta Township

Punch cards may be purchased at the Delta Township Aquatics office, located inside the Enrichment Center, 4538 Elizabeth Road Lansing, Mi. Office hours are M-F, 10:00 am to 3:00 pm.

You may also purchase punch cards by phone (484-5600) using a credit card. Cards will be delivered to the pool twice a week. Major credit cards are accepted.

~ Purchase punch cards on the pool deck with a **check or money order or exact change only** ~

Swim schedules are available on Delta Township’s website, [www.Deltami.gov](http://www.Deltami.gov), at the Pool, and at the Delta Township Aquatics office.

**The Pool will be closed on the following dates:**

Monday May 31, 2021  
Friday July 2, 2021  
Monday July 5, 2021  
Monday September 6. 2021

**Aquatics Information Line 484-9322**



The Health Benefits Of Walking

There are many health benefits that come from walking. The cardiovascular benefits of walking are biologically plausible; like other forms of regular moderate exercise, walking improves cardiac risk factors such as cholesterol, blood pressure, diabetes, obesity, vascular stiffness, inflammation, and mental stress. So take some time to get outside for a walk and get some vitamin D.



Foot Care

Appointments include toenail cutting, footbath and foot massage. Minor calluses and rough areas are filed. (corn removal is a medical procedure, therefore this procedure is not performed).

Three times a month  
\$30 per person  
Call for an appointment  
Gift certificates available



Ataxia Group Support \*

Ataxia Foundation support group. This Group informs family members of those diagnosed with Ataxia about local services, programs, research and education, and is open to the public.

3rd W: 1 - 3 pm  
Room 302  
Free **Postponed until further notice**

Chair Massage

Enjoy a relaxing 15 minute massage with Certified Therapist, Terri Howland.

2nd & 4th Tu:  
\$12 per person  
Call for an appointment  
Gift certificates available

**Postponed until further notice**

Alzheimer Male Caregivers Support Group \*

You're invited to join a caregiver support group and talk with others who are experiencing the challenge of Alzheimer's disease firsthand. Groups offer support, education, problem solving, and guest speakers.

3rd W: 10:00 am - 12:00 pm  
Room 302  
Free **Postponed until further notice**

Treadmill & Exercise Bike \*

Looking for a place to workout? Anyone is welcome!

M - F:  
10:00 am - 3:00 pm  
Free



Gift Certificates

Delta 39'ers offer gift certificates in any denomination. Gift certificates can be used on trips, classes, lunches, health services, and more. Call the office at 517-484-5600 for more information.

Cards/Games

All cards and games are postponed until further notice

Bingo\*

Monday, Wednesday, & Friday  
1 - 3 pm  
\$1 per person

Bridge\*  
(Social/Contract)

Monday  
1 - 4 pm  
\$1.50 per person

Cribbage\*

Wednesday  
1 - 3 pm  
\$1.50 per person

Euchre\*

Monday	Thursday
6 - 9 pm	6 - 9 pm
\$1.50 per person	\$3 per person

Mah Jong\*

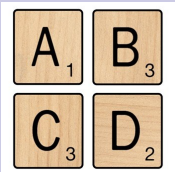
2nd & 4th Friday  
12 - 3 pm  
\$.50 per person

Pinochle\*

Tuesday  
11:30 - 3:30 pm  
\$1.50 per person

Scrabble\*

Monday  
10:00 am - 12:45 pm  
Thursday  
1 - 3 pm  
\$.50 per person



Have an email address?

Let us know and we will be happy to add you to the quarterly newsletter email list.

Delta 39'ers & Aquatics  
4538 Elizabeth Road  
Lansing, MI 48917  
(517) 484-5600